

# AFSOUTH

## Battalion Newsletter

### SFRG POC:

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### WELCOME HOME SOLDIERS

On Wednesday, February 7, after a long three months in the Middle East, twelve 2nd NATO Signal Battalion Soldiers came home to a welcome home reception located in the Capo Air Terminal, Naples Italy, given by the local USO office and A CO SFRG. The Soldiers and their families were treated to a delicious buffet of food and drinks as well as gifts provided by the USO and MWR. The USO handed out trip vouchers to Sorrento and MWR gave away movie, bowling, and pizza passes.



(Picture courtesy of the Panorama)

### ANNUAL OVERSEAS HOUSING ALLOWANCE SURVEY

Do you currently; reside in privately owned quarters; receive OHA; assigned to Germany, Italy, Belgium, Netherlands or Luxembourg? Go to [www.perdiem.osd.mil/ohs/survey/feboha.html](http://www.perdiem.osd.mil/ohs/survey/feboha.html) and take the on-line survey. Maximum participation is essential as both the Utility and MIHA allowances for these countries will be updated based on the results. FYI: Respondents will be asked to report actual move-in expenses and monthly utility cost. This means you will need to have access to your utility statements and move in and recurring maintenance receipts. This survey is available through April 11, 2007.

### NEW BATTALION FRSA



Hello, My name is Katie Chausse and I am the new Battalion Family Readiness Support Assistant or FRSA. Many of you are probably wondering what exactly is an FRSA: an FRSA is a recently established position in the Family Readiness structure that is to provide assistance to the commanders and the FRG leaders. An FRSA is not an FRG leader. In today's Army, the need to take care of our families is a top priority. When FRG leaders were asked what would make their job easier, the overwhelming response was *more help*. So the Army decided to create the FRSA position.

As your FRSA, I will not only be assisting the SFRGs, with their programs, but I will also be able provide assistance in many other areas. For instance, Army Emergency Relief (AER), Army Family Team Building (AFTB), American Red Cross, Army Community Services (ACS), Military One Source, and many more. I look forward to serving all of you. Please feel free to contact me with any comments, suggestions, or questions at [katherine.chausse@eur.army.mil](mailto:katherine.chausse@eur.army.mil). Thank you,  
Katie Chausse

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## CHAPLAIN'S CORNER

Charles Lindbergh's crossing of the Atlantic on May 20, 1927, helped convince the public that flying was safe, and soon the airline industry began to take off. In the late 1920s, Colonial Air Transport found itself a leader in the air passenger business, with one of the most active routes in the country. Hoping to increase sales, Colonial introduced some innovative promotions. One promotion offered wives free tickets when they flew with their husbands. The promotion was so successful that a grateful Colonial sent thank you letters to all the wives who had flown with the airline. Soon, angry letters poured into their office. As it turned out, many of the "wives" had not actually been wives. Colonial cancelled the promotion.

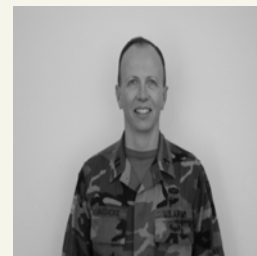
There were obviously many secrets that were being kept until the thank you letters brought them to light.

Unfortunately, in our society today some secrets are becoming even easier to keep. True accountability appears to be passé as we become more and more isolated from each other. Secrets can be hidden. We can choose to watch or look at just about anything in the privacy of our homes. The rationale usually goes, "Who will know? What happens in the privacy of my home has no effect on my job." Maybe there are some secrets in your life that, if revealed, would ruin your job and family. Would you be embarrassed if somebody checked your "history" on the computer? We can deceive ourselves into thinking that such secrets do not have a damaging effect.

In the Bible, Saint Paul reminds us, "Do not be deceived: God cannot be mocked. A man reaps what he sows." Secrets don't stay hidden from God. Secret sin on earth is open scandal in Heaven. So if you need help, get help. Maintain a high standard of conduct. Be above reproach. Set the example for your family and your unit in emotional and sexual purity.

[adapted from *The Dallas Seminary Connection*, "The Director's Corner", Doug Cecil, Summer 2004, Vol. 12, No. 1, p. 1]

CH (CPT) Paul Jaedicke  
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081-721-3774



**Battalion Chaplain**

### **Army Ball BAGGING**

#### **DATES**

**\*Mar 31 & Apr 1**

**\*May 5 & 6**

**If you would like to  
help raise money**

**for the ball, contact  
CPT Carr:**

**Tara.carr@eur.army.mil**

**1LT SARAH PENN**  
Sarah.penn@usanato.army.mil  
**1SG DANIEL WALKER**  
Daniel.walker@usanato.army.mil  
**SFRG LEADER**  
**SSG Grant**  
Latorcha.grant@us.army.mil

On Friday, February 23 there was a Hail and Farewell Social held at the JFC Bowling Alley. Thanks to all who attended.

## HHC NEWS

We are looking for some spouses to help run the SFRG. If you are interested, please contact Katie Chausse (Battalion Family Readiness Support Assistant) at 340-413-3044.

**Congratulations to SSG Coburn on winning the Valentines Day Basket. \$250 was raised and all of the money goes towards the Army Ball in June.**  
(Thank you Mrs. Dawson for donating the beautiful basket.)



**HHC at the range.**

## ALPHA COMPANY NEWS



**Alpha Company awards ceremony.**

Thank you to everyone that came out to the Family Bowling Day Feb 10, it was a huge success and we look forward to seeing you at our next event.

**We are currently planning our Spring Fling which is set for Saturday, March 24 at Carney Park. The fun starts at 12:30. If you would like to lend a hand in this event, please contact the SFRG.**

In April the SFRG is planning a Deployment Readiness Day for all of the spouses.

**May 19 will be the Military Spouse Appreciation/Mother's Day Breakfast. We are looking for cooks. If you are interested, contact the SFRG**

**Key Callers needed for the Alpha Company SFRG**

**CPT Mike Zweifel**  
Micheal.zweifel@us.army.mil  
**1SG Tracy Johnson**  
Tracy.johnson@us.army.mil  
**SFRG Leaders**  
**Katie Chausse**  
Katie.chausse@us.army.mil  
**Melissa Alvey**  
Alvey\_melissa@yahoo.com

## BR AVO C O M P A N Y N E W S



**Bravo Company Valentines Party**

CPT Steven Czap  
czap@madrid-nse.navy.mil  
SFC Pedro E. Rivera  
RiveraP@Madrid-nse.navy.mil  
SFRG Leader  
SSG Dupont

I would like to Thank everyone who showed up for the SFRG Valentines Day Party. It was a huge success. A BIG Thank you goes out to all the volunteers who help with the planning, set-up and clean up.

**The lucky winner of the dinner for two. Ticket number is 173588. If you are the lucky winner contact CPT Czap or SSG Dupont.**

Like always if there is any suggestion, comments or complaints please feel free to email us we are always looking for ideas.

Thank you  
Mike Dupont

### T A X T I P S

It's that time of year again, so here are a few things to know before you get started;

*File returns in your permanent home state.*

*Access your W-2 online.* Go to <https://mypay.dfas.mil>. Please note: you will need a PIN to access the account.

*Be sure to have power of attorney if filing for a deployed service member.* Attach a copy of your power of attorney to your tax return. You may use IRS Form 2848, Power of Attorney and Declaration of Representative. The form can be found at <http://www.irs.gov/pub/irs-pdf/f2848.pdf>.

#### **Telephone Excise Tax Refund**

**The IRS is allowing a one-time refund of previously collected federal telephone excise taxes. Anyone who paid long-distance excise taxes on landline, cell phone, Voice over Internet Protocol (VoIP) or bundled service between the dates 28FEB03—1AUG06 is eligible for this refund.**

Military One Source is now offering TaxCut Basic Online by H&R Block to prepare and file your 2006 Federal and State income taxes. Is fast, easy and free.

[www.militaryonesource.com](http://www.militaryonesource.com)

*Find answers to all of your questions on the IRS Web site <http://www.irs.gov/publications/p3/index.html>*

**Less than 28% of Americans between the ages of 17-23 are qualified for military service— Army soldiers are more intelligent, better educated, in better shape, vote more, and have a far less rate of criminal activity than their civilian counterparts.**

### D I D Y O U K N O W . . .

Under the Army Microsoft Enterprise Agreement (MS ELA), the Army is entitled to Microsoft's Home Use Program (HUP) as a volume license owner with Software Assurance. HUP allows individuals to get a copy of Microsoft Office desktop applications to install on a home computer.

This program is eligible to all Army personnel. This includes, Active Duty, Reserve, Guard, and Civilians currently employed by the Army.

For additional information regarding the Home Use Program and the Home Use End User License Agreement, go to :

**[www.microsoft.com/licensing/sa/benefits/home\\_use\\_rights.msp](http://www.microsoft.com/licensing/sa/benefits/home_use_rights.msp)**

For eligible software and ordering directions, go to:

**[https://ascp.monmouth.army.mil/scp/software/ms\\_index.jsp](https://ascp.monmouth.army.mil/scp/software/ms_index.jsp)**

## Attention Spouses !!!

If you would like to start receiving the newsletters via e-mail, please contact Katie Chausse at the following e-mail. Also if you have any comments, questions, or suggestions about your SFRG, please feel free to contact me at [katie.chausse@us.army.mil](mailto:katie.chausse@us.army.mil).

#### **Soldier Quote of the Month**

**"There's a fine line between Hooah and stupid...Don't cross it!"**

## ARMY STRONG



As you are all well aware, the Army has made changes to the Weight Control Program. The biggest change is the way Soldiers are to be taped; you will no longer be measured around the wrist. This will effect the female Soldiers the most; their body fat percentage will be higher. The changes are not in effect until April. So ladies listen up! We all know how hard it is to lose weight, especially living in Europe, so here are a few tips to help make taping a little less stressful: The obvious, watch what you eat.

Don't starve yourself. Have a small breakfast and healthy snacks to tie you over until lunch and dinner. Research shows that people who cut 400 calories a day are more likely to become yo-yo dieters and regain more weight. Fasting shuts down your metabolism. If you want to cut calories, try 100 per day (a Granny Smith Apple), this will enable you to lose 1 pound a month.

Exercise: Always consult with your doctor before starting a new workout program

Contact your local hospital for more weight loss advice.

Naples: Health Promotions office— 629-6445.

To see a dietician in Naples you need to consult your PCM.

### Phone Numbers:

Tricare Nurse Advise Line 800-877-660

### Websites:

[www.militaryonesource.com](http://www.militaryonesource.com)

[www.myarmylifetoo.com](http://www.myarmylifetoo.com)

[www.usanato.army.mil](http://www.usanato.army.mil)

[www.hqusareur.army.mil](http://www.hqusareur.army.mil)

[www.armyfrg.org](http://www.armyfrg.org)

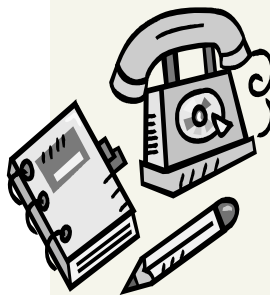
### Magazines:

Military Spouse Magazine

[www.milspousemag.com](http://www.milspousemag.com)

AmeriForce Deployment Guide

[www.copies@ameriforce.net](mailto:www.copies@ameriforce.net)



## ARMY BALL

*The Army Ball has been set for Friday, June 22 at the Holiday Inn in Castelvoturno*

*Cocktails start at 6:00.*

*More details will be announced as they are decided. If you would like to help out in any way, please contact CPT Carr.*

*Also, child care will be available at the hotel at the cost of 7 Euro per child.*

*CPT Tara Carr Army Ball POC  
Tara.carr@eur.army.mil*

*Katie Chausse*

*katherine.chausse@eur.army.mil*

## KUDOS CLUB

### Hails:

LTC Dallan Scherer  
LTC James Place  
MAJ Christian Haffey  
CPT Cynthia Moore  
SGT Alex Jackson  
SGT Kenneth Winfrey  
SGT Bryan Bates  
SGT Aaron Cavanaugh  
SPC Eric Hidgon  
SPC Jason Stump  
SPC Gregory Mireles  
SSG Hai Tran  
SSG Artavious Cooper  
SGT Karem Franklin

### Farewells:

SSG Yvonne Moore 9 Feb  
SGT Ryan Pipes 23 Feb  
SGM Tim Vester 15 Mar  
SPC Curtis Dewey 31 Mar

### Promotions:

SSG David Slezak to SFC  
MAJ James Payne to LTC  
SSG Jessica Budgett to SFC  
1LT Sarah Penn selected for CPT  
SGT Taquita Capers to SSG  
SGT Jeff LaPorte to SSG  
SPC Diana Delgadillo to SGT  
SSG Tracie McMillian to SFC  
SPC Iyesha Torres to SGT  
SGT Kevin Taylor to SSG

### New Babies:

Gabriella Ann Patterson January 17  
Proud parents: MAJ Stacey and Heather Patterson  
**Jamari Nazir Cummings January 18**  
**Proud parents: SFC James and Nicole Cummings**  
Phillip Garrett JR January 24  
Proud parents: SPC Phillip and Tamika Garrett  
**Naomi Beck February 8**  
**Proud parents: SPC Chris and Ashley Beck**  
Michael Knight February 12  
Proud parents: SPC Michael and Martha Knight  
**Timothy Goode February 18**  
**Proud parents: SGT David and Sophia Goode**  
Elisha Castelli February 22  
Proud parents: SSG Victor and Trina Castelli